

#### 2000 - 2002 Hawai'i School Health Surveys Include

- 2000 Hawai'i Youth Tobacco Survey (YTS)
- 2001 Hawai'i Youth Risk Behavior Middle and High School Surveys (YRBS)
- 2002 Alcohol, Tobacco, and Other Drug Use Survey (ATODS)

Survey	Grade Levels and Type	No. of Respondents
2000 YTS-middle school	Gr. 6–8, public	1,045
2000 YTS-high school	Gr. 9–12, public	1,511
2001 YRBS-middle school	Gr. 6–8, public	1,495
2001 YRBS-high school	Gr. 9–12, public	1,076
2002 ATODS	Gr. 6, public & private Gr. 8, public & private Gr. 10, public & private Gr. 12, public & private	9,924 7,152 5,971 4,948

For more information or the full reports, call the following:

YTS – Department of Health, Tobacco Prevention and Education Program at (808) 586-8251

YRBS – Department of Health, Maternal and Child Health Branch, Community Adolescent Program at (808) 733-8339

ATODS - Department of Health, Alcohol and Drug Abuse Division at (808) 692-7506

INJURY (2001 YRBS)

About 1/3 of Hawai'i high school students rode in a car, in the past 30 days, with a driver who had been drinking.

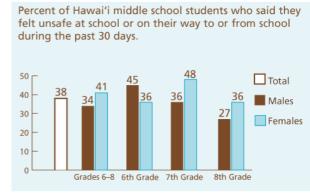
- 33% of high and 27% of middle school students rode with a driver who had been drinking.
- 9% of high school students drove after drinking, down from 14% in 99.

Seat belt use did not improve, and helmet use remains a safety concern among the youth of Hawai'i.

- 11% of middle school students rarely or never wore seat belts when riding in a car driven by someone else, compared to 12% in '99.
- 8% of high school students *rarely* or *never* wore seat belts when riding in a car driven by someone else, compared to 14% nationally.
- 85% of high and 66% of middle school students who rode a bicycle rarely or never wore a helmet.
- 74% of middle school students when rollerblading, skateboarding, or riding a scooter *rarely* or *never* wore a helmet.

VIOLENCE (2001 YRBS)

43% of Hawai'i middle school students had someone deliberately steal or damage their things at school in the past year, 15% less than in '99. If feeling angry or out of control, 38% of middle school students would FIRST go for help to a parent or guardian, and 28% to friends their age.

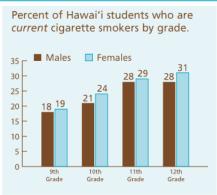


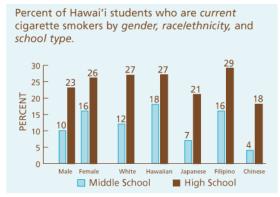
- In the past 12 months, 26% of high and 36% of middle school students had been in a physical fight.
- 78% of high and 70% of middle school students felt they could resist negative peer pressure and dangerous situations.

**RELATIONSHIP VIOLENCE** If they were being sexually or physically abused, 58% of middle school students in Hawai'i would FIRST go for help to a parent or guardian.

- 9% of Hawai'i high (same as national) and 6% of middle school students have ever been forced to have sexual intercourse.
- 10% of high (same as national) and 5% of middle school students were physically abused by a boy/girlfriend in the past year.

SMOKING (2000 YTS)



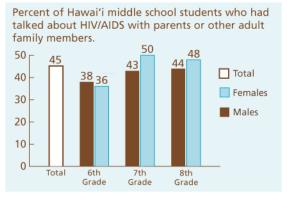


Smoked cigarettes during the past 30 days:

- 13% of Hawai'i middle school students, higher than the national average of 11%.
- 24% of Hawai'i high school students, less than the national average of 28%.
- 16% of Hawai'i middle school girls and 10% of boys, compared to 10% and 12% respectively nationally.
- 26% of Hawai'i high school girls and 23% of boys, compared to 27% and 29% respectively nationally.

SEX (2001 YRBS)

34% of Hawai'i high and 12% of middle school students have ever had sex. 9% of middle school students had sex before age 13. Parents were the FIRST choice of middle school students if they needed help in getting birth control information (53%), or if they were pregnant or got someone pregnant (47%).



- 8% of Hawai'i high school students had engaged in sexual intercourse with 4 or more partners.
- 22% of sexually active high school students used alcohol or drugs when last having sex.
- 75% of sexually active Hawai'i high and 52% of middle school students used contraception when last having sex.
- 46% of sexually active high school students used a condom when last having sex, compared to 58% nationally.

# 7 Simple Steps For Investing in Hawai'i's Children & Youth

- Provide safe and stable places
- Offer basic care and services
- Support healthy relationships with peers and adults
- Have high expectations and standards
- Provide good role models, resources, and networks
- Offer challenging experiences to participate and contribute
- Provide high quality instruction and training

### Laulima in Action

(many hands working together) for Hawai'i's Children and Youth



detach bookmark here

### A Healthy Youth Development Checklist For Hawai'i's Families & Communities

- Aspirations for the Future
   Support youth in positively viewing the future and self
- ✓ Constructive Use of Time

  Offer youth out- and in-school activities
- Respect for Culture
   Assist youth in respecting their and other cultures
- Skills for Meaningful Employment
   Provide youth opportunities to maintain meaningful employment
- Decision-making Skills to Promote Good Health
   Assist youth with identifying consequences of behavior and choosing appropriately
- Family Communication
   Assist youth in communicating positively with family members
- Positive Peer Role Model
   Support youth in encouraging others in practicing responsible behavior
- ✓ Positive Relationships with Non-Parent Adults
  Provide adult support to youth
- ✓ Service to Others

  Instill in youth the value of volunteering and service to others

(2001 YRBS)

Hawai'i's youth are generally more at risk for suicide ideation and depression, compared to the national average.

- 30% of high school students felt sad or hopeless almost every day for 2 weeks or more in a row, compared to the national average of 28%.
- 78% of high and 75% of middle school students felt they knew one or more adults, other than their parent or guardian, to whom they could go for help if they had an important life question.
- 41% of middle school students would FIRST go to a parent or guardian if they were feeling sad or depressed—29% would go to their peers.

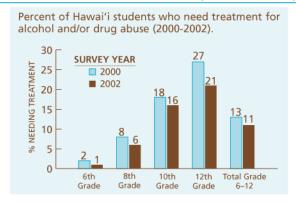
	Hawaiʻi High Schools	U.S. High Schools*	Hawai'i Middle Schools**
Suicide attempt	13%	9%	11%
Made a plan to kill themselves	17%	15%	16%
Thought of killing themselves	21%	19%	27%

Past 12 months

 In the past 12 months, 3% of Hawai'i high school students had made a suicide attempt requiring medical attention.

<sup>\*\*</sup> Ever

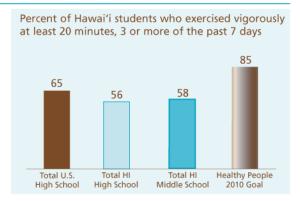
Ecstasy use by Hawai'i's youth continues to rise in grades 8, 10, and 12. Alcohol and cigarette use continue on a downward trend.



- Hawai'i alcohol and cigarette use are lower than nationwide averages. Alcohol rates are at an all-time low for all grades.
- Illicit drug use has stabilized with the exception of increases in sedatives (in grades 10 and 12) and ecstasy (in grades 8, 10, and 12).
- Hawai'i's daily marijuana use is similar to nationwide in grades 8 and 10, and slightly lower than nationwide in grade 12.
- In 2002, lifetime prevalence reports of methamphetamine use in grades 8 (2%), 10 (4%), and 12 (5%) were more than 50% lower than 1989 rates of 6%, 10%, and 12% respectively.

## **NUTRITION & PHYSICAL ACTIVITY**

More Hawai'i high and middle school girls than boys are trying to lose weight. 62% of Hawai'i middle school students exercised to lose or maintain weight, and 55% participated in an organized activity like sports teams, dance, gymnastics, or swimming.



- Only 16% of Hawai'i high school students ate 5 or more servings of fruits and vegetables a day in the past week, compared to 21% nationally.
- 63% of Hawai'i middle school students drank soda yesterday.
- Only 12% of Hawai'i high school students drank 3 or more glasses of milk in the past week, compared to 16% nationally.
- 42% of Hawai'i high school students watch TV 3 or more hours per school day, compared to 38% nationally.
- 19% of Hawai'i high school students exercised moderately for 30 or more minutes on 5 or more of the past 7 days. The Healthy People 2010 national goal is 35%.



Linda Lingle Governor of Hawai'i

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#### Nondiscrimination in Services

The Department of Health provides access to its programs and activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write to the Community Adolescent Program on O'ahu–MCHB at P. O. Box 3378, Honolulu, HI 96801-3378 or call 733-8339 (voice), or write to our departmental Affirmative Action Officer at the same address or call 586-4616 (voice/tty) within 180 days of a problem.